

Week of December 1st--6th

Monday, December 1st

Navy Bean Soup
Chicken Primavera with Noodle
Mixed Vegetables
Coleslaw
Banana

Tuesday, December 2nd

Roast Pork with Bread Dressing
Spinach
Garden Green Salad
Cinnamon Apple Sauce

Wednesday, December 3rd

Albondigas Soup
Enchilada Pie
Refried Bean & Spanish Rice
Marinated Tomatoes
Slice of Cantaloupe

Thursday, December 4th

BIRTHDAYS OF THE MONTH
Turkey Divan & Mashed Potatoes
Fiesta Green Beans
Broccoli Slaw
Chocolate Birthday Cake

Friday, December 5th

Fish or Oven Baked Chicken
Fresh Yam
Peas and Corn
Tossed Green Salad
Cup Juicy Pears

Saturday, December 6th

Country Fried Steak
Barley Pilaf
Cauliflower and Carrots
Romaine Lettuce and Tomatoes Salad
Butterscotch Pudding

Week of December 7th-12th

Sunday, December 7th

Chicken Adobe and Brown Rice
Brussels Sprouts
Caesar Salad
Fresh Pear

Monday, December 8th

Pork and Broccoli Stir Fry
Barley Pilaf
Peas and Onions
Marinated Cucumber Tomato Salad
Fresh Grapes

Tuesday, December 9th

Steak Picatta and Buttered Noodles
Harvard Beets
Broccoli Slaw
Tapioca Pudding

Wednesday, December 10th

Swedish Meatballs & Seasoned Noodles
California Blend Vegetables
Persian Cucumber Tomato Salad
Fresh Orange

Thursday, December 11th

Italian Wedding Soup
Chicken Parmigiana and Spaghetti
Peas and Red Peppers
Pineapple Coleslaw
Garlic Bread
Banana

Friday, December 12th

"Baked Fish or Salisbury Steak
Scalloped Potatoes
Broccoli and Carrots
Garden Salad
Flavored Yogurt

Week of December 13th-18th

Saturday, December 13th

Pork Stew with Vegetables
Three Bean Salad
Hot Flaky Biscuit
Spinach Mandarin Orange Salad
Oatmeal Cookies

Sunday, December 14th

Stuffed Potato with Cubed Turkey
Creamed Spinach
Coleslaw
Fresh Apple

Monday, December 15th

Lentil and Carrot Soup
Pepper Steak & Noodles
Winter Squash
Broccoli and Raisin Salad
Cup Pineapple Chunks

Tuesday, December 16th

Cream of Tomato Soup
Pork Chop and Fresh Sweet Potatoes
Mixed Vegetables
Romaine Lettuce Mushroom Salad
Apple Crisp with Oatmeal Topping

Wednesday, December 17th

Minestrone Soup
Beef Lasagna and Broccoli
Garden Salad
Garlic Bread
Fresh Orange

Thursday, December 18th

"Christmas Luncheon"
Baked Ham with Rum Sauce***
Sweet Potato Apple Casserole
French Style Green Beans Almandine
Tossed Green Salad

Week of December 19th-25th

Friday, December 19th

Fish or Turkey a la King
Mashed Potatoes
Pea and Carrots
Spinach Mandarin Orange Salad
Cup of Juicy Plums

Saturday, December 20th

Chicken Cacciatore & Red Potatoes
Fiesta Green Beans
Lettuce Radishes & Mushroom Salad
Tapioca Pudding

Sunday, December 21st

Spinach Quiche & Brown Rice
Broccoli and Cauliflower
Caesar Salad
Assorted Flavored Yogurt

Monday, December 22nd

Tomato Bisque Soup
Citrus Ginger Chicken and Brown Rice
Normandy Vegetables
Lettuce and Tomato Salad
Cup of Juicy Pears

Tuesday, December 23rd

New England Pot Roast and Potatoes
Green Beans
Citrus Fruit on a Leaf of Lettuce
Fresh Banana

Wednesday, December 24th

Thyme Pork Chop & Fluffy Rice
Zucchini & Tomatoes
Tossed Green Salad
Cinnamon Flavored Applesauce

Thursday December 25th

MERRY CHRISTMAS

All Sites Closed



Week of December 26th-31st

Friday, December 26th

Spanish Bean Soup
Baked Fish or Chicken Picatta
Barley Pilaf
Baked Winter Squash
Marinated Three Bean Salad
Wedge Cantaloupe

Saturday, December 27th

Sweet and Sour Pork with Brown Rice
Peas and Carrots
Creamy Coleslaw
Fresh Banana

Sunday, December 28th

Herb Chicken and Mashed Potatoes
Mixed Vegetables
Caesar Salad
Butterscotch Pudding

Monday, December 29th

Shepherd Beef Vegetable Pie
Corn Bread
Spinach and Mushroom Salad
Cup of Juicy Mandarin Oranges

Tuesday, December 30th

Ortega Chili Quiche with Brown Rice
Mixed Vegetables
Cucumber Tomato Salad
Cantaloupe

Wednesday, December 31st

"NEW YEAR'S LUNCHEON"

Cream of Tomato Soup
Roast Beef Au Jus
Whipped Potatoes
Broccoli Spear
Black Eyed Peas
Velvet Chocolate Cake

December Meal of the Month



Roasted Beet and Mandarin Orange Salad

- 4 small beets
1 tablespoon plus 2 teaspoons olive oil, divided
1/2 teaspoon Black Pepper and Salt
1/4 cup orange juice
1 tablespoon cider vinegar
1 teaspoon Parsley Flakes
1/8 teaspoon Garlic Powder
4 cups mixed greens
1/2 cup mandarin orange sections, drained
1/4 cup coarsely chopped walnuts, toasted
- Directions
1. Preheat oven to 375° F. Place washed beets, 2 teaspoons of the oil and 1/4 teaspoon of the pepper in large reseal able plastic bag. Toss to coat beets. Place beets on shallow baking pan.
 2. Roast 40 to 45 minutes or until fork tender. Cool beets. Peel and cut into 1/2-inch wedges.
 3. Mix orange juice, remaining 1 tablespoon oil, vinegar, parsley, remaining 1/4 teaspoon pepper, salt and garlic powder in small bowl with wire whisk until well blended.
 4. To serve, place 1 cup mixed greens on each of 4 plates. Top each with mandarin orange sections with dressing.

Community Services and Parks Department

Serving Meals at Three Locations:

- Adult Recreation Center/Central Park Complex

201 E Colorado St

Glendale Ca 91205

818 548 3775

Lunch Served: 7 days a week!

- Sparr Heights Community Center

1613 Glencoe Way

Glendale Ca 91208

818 548 2187

Lunch Served: Monday– Friday

- Pacific Park Community Center

501 S Pacific Ave

Glendale Ca 91204

818 548 3775

Lunch Served: Monday, Wednesday & Friday

***Please remember to reserve or cancel
your meal at least one day in advance.
Menu is subject to change without
notice.***

Community Services and Parks Department will provide reasonable accommodations toward the inclusion of all participants. Please notify us of your needs at the time of reservation.



Senior Café

DECEMBER
2014



City of Glendale
Community Services & Parks
Department

Telephone Reservations or
Cancellations call:
Adult Recreation Center/Central at
(818) 548-3775